

PHYTO-ESTROGEN

Support for the
Peri-Menopause and Menopausal Years*



ALCOHOL-FREE CONCENTRATED EXTRACTS OF:

FORMULA	MG EXTRACT PER 3 CAPSULES
Alfalfa leaf	(<i>Medicago sativa</i>) 300 mg
Vitex berry	(<i>Vitex agnus-castus</i>) 90 mg
Black Cohosh rhizome	(<i>Actaea racemosa</i>) 27 mg
Red Clover blossoms	(<i>Trifolium pratense</i>) 21 mg
Wild Oats milky seed	(<i>Avena sativa</i>) 21 mg
Blue Vervain herb	(<i>Verbena hastata</i>) 18 mg
Dandelion leaf & root	(<i>Taraxacum off.</i>) 12 mg
St. John's Wort flower bud	(<i>Hypericum perforatum</i>) 12 mg
Sage leaf	(<i>Salvia off.</i>) 12 mg

DOSAGE

Liquid Phyto-Caps: 1 capsule, three times daily

DURATION OF USE

4-6 months

BEST TAKEN

Between meals, with warm water

TRANSITIONAL YEARS

This formula assists the transition into and out of menopause. Common conditions associated with the menopausal years include menstrual irregularities, vaginal dryness, fatigue, depression, decreased libido, and sleep disturbances. By stabilizing hormonal function, the transition into this sacred and powerful time in a woman's life is made more smoothly. This formula works primarily to support the balance of estrogen and progesterone.

There are two mechanisms involved with supporting estrogen availability to women. First, some of the plants supply estrogen-like compounds - called isoflavones. These compounds are reported to be hundreds of times weaker in their effect than the body's estrogens. Environmental estrogens are even stronger. These weak estrogen-mimicking compounds found in plants help normalize estrogen levels in the body. If estrogen levels are low, the weak estrogens act as a small but valuable supply to the woman. If her estrogen levels are high, the weaker estrogens competitively bind to estrogen receptor sites, reducing the ability of stronger estrogens to bind with those same sites. The overall result is a gentle normalization of estrogen levels. The second way this formula addresses estrogen levels is by supporting adrenal function. As a woman ages and her ovaries produce less estrogen, the adrenal gland's production of estrogen becomes more important. General nervous system support can assist the adrenal gland's role in this production.

Chaste tree has traditionally been used to support normal menstruation. Perhaps its most relevant influence relating to this formula is its ability to influence the pituitary gland, resulting in a normalization of estrogen and progesterone balance. By enhancing corpus luteal development, through a dopaminergic activity on the anterior pituitary gland, Chaste tree results in a net increase of progesterone. Low levels of progesterone are commonly noted during puberty and

menopause. This effect on pituitary function may explain clinical reports that the Chaste tree berry helps to relieve the hot flashes and other conditions commonly associated with menopause.

Alfalfa leaf brings several influential benefits to this formula. It is highly nutritive, notably containing relatively high levels of vitamin K1. Vitamin K1 is reported to aid in the maturing of the body's calcium managing proteins. Alfalfa also contains significant quantities of isoflavones, the estrogen-like plant compounds discussed above. The combination of these factors makes this plant a welcome addition to this menopause formula.

Note: Current concerns with Alfalfa inducing a reversible Systemic Lupus Erythematosus (SLE)-like syndrome are based on toxicology studies of canavanine - an alkaloid which is only found in Alfalfa's seeds and sprouts. As canavanine is not found in the mature tops of the plant, this concern is not clinically relevant when using the leaf or blade, as is the case here.

Black Cohosh has been used by Cherokee women to support healthy menstruation. Modern science has shed some light on its application to the menstrual cycle with the discovery that Black Cohosh is able to reduce levels of Luteinizing Hormone (LH) without effecting levels of the Follicle Stimulating Hormone (FSH). As LH is generally responsible for the release of progesterone and FSH is generally responsible for the release of estrogen, it may be that Black Cohosh produces an overall estrogen-like affect. Regardless of the exact process, clinical research has confirmed its value in treating conditions where there is an underlying imbalance between estrogen and progesterone.

Blue Vervain is another example of a plant remedy that is traditionally used to support normal menstruation. Species related to *Verbena hastata* are reported to have influence over the nervous system. Blue Vervain is both calming and building to nervous system. Such influence over the nervous system has lead to its use with stress.

Dandelion Root & Leaf promotes healthy liver function, enabling improved metabolism of estrogens.

Red clover is traditionally recognized as a so-called blood cleanser (alterative). By definition, such an alterative effect promotes correct metabolic function. Red Clover is similar to Alfalfa in the fact that it contains isoflavones that are known to produce estrogen-like effects. At least one clinical trial indicates that Red Clover is able to support cardiovascular health in menopause.

St. John's Wort has a clear history of use for nervous system health as well as with menstrual function. It is a useful addition to this menopause formula for its effect on emotional well being and its support to liver function. In one clinical study with 111 pre and post-menopausal women, psychological health improved significantly with St. John's Wort. Sexual function also improved.

Wild Oats have long been used as a nerve tonic for individuals with nervous exhaustion. Wild Oats has been included here because women transitioning around menopause often require support for nervous system health. The highly respected German Commission E, includes Wild Oats for anxiety, stress and weakness. It also is discussed as a tonic and a restorative.

Sage grows wild in its native Mediterranean lands, but is cultivated worldwide as a favorite culinary herb. Folk use of the plant centers around digestive function and body temperature regulation. The ability to normalize body temperature speaks to its inclusion here and its long use for hot flashes associated with menopause.

Note: The intention of this information is to represent the traditional use of the individual botanicals found in these formulas and to inform the reader of any evolving scientific inquiry relevant to the formula's ingredients.

SAFETY EVALUATION/CONTRAINDICATIONS

Do not use this product during pregnancy or lactation.

GENERAL REFERENCES

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DRUG INTERACTIONS

Consult a physician if you are taking any pharmaceutical drugs.

COMPLEMENTARY HERBS / FORMULAS

Black Cohosh Root, Phyto-Proz Supreme

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.